

Tips To Prevent Iron Deficiency Anemia For Your Family

Pregnant/Breastfeeding Women

Choose iron-rich foods from the Food Pyramid. Take prenatal vitamins and iron as instructed by your healthcare professional.

Babies

Breastfeed your baby. Iron in breast milk is great for your baby. If you use formula, be sure it is iron-fortified.

Teach your baby to use a cup around 6 months of age. At one year, the baby may drink whole milk from a cup.

Around 6 months, start solid foods. Use iron-fortified cereals, strained/chopped meats and mashed beans. Feed solids from a spoon. Eating from a spoon is a healthy habit for your baby.

Children, Teens and Adults

Aim for regular meals and snacks. Cut down on candy, chips, sweets and sodas.

Eat iron-rich foods many times a day.

Drink milk every day, but no more than the number of servings recommended in the Food Pyramid.

You Can Prevent Iron Deficiency Anemia

We're Keeping Babies Healthy



All Iron Deficiency materials developed in partnership with:
Great Beginnings for Black Babies



- Arnold Schwarzenegger, Governor, State of California
- Secretary, Health & Human Services Agency
- Director of Health Services

This pamphlet was made possible by the United States Department of Agriculture, Food Stamp Program, through the "California Nutrition Network for Healthy, Active Families" an equal opportunity provider and employer. Pub #138

YOU CAN PREVENT IRON DEFICIENCY ANEMIA



California Black Infant Health Program

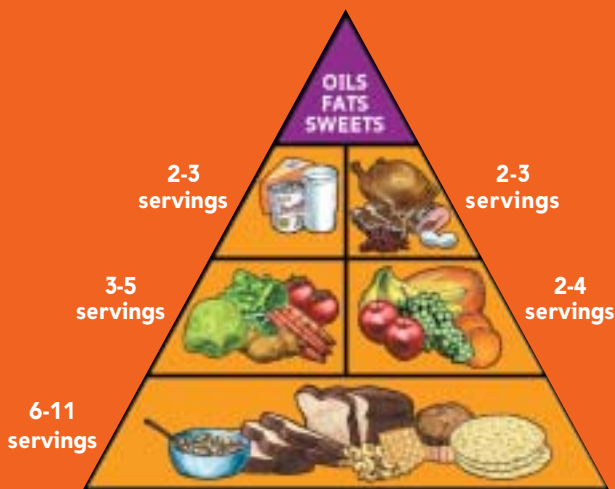
Prevent Iron Deficiency Anemia

To stay strong and healthy, you need iron. Not enough iron in your blood is called **Iron Deficiency Anemia**. If you have Iron Deficiency Anemia, you are anemic.

Anemia can make you or your child:

- Look pale, feel tired and weak, act cranky
- **If you are pregnant, your baby could be born too small or too soon**
- Get sick more easily, get infections, develop lead poisoning and headaches
- Have trouble learning and do poorly in school or work
- Eat poorly
- Not grow well

But usually there are no signs!



4 Steps To Prevent Iron Deficiency Anemia:

Below are 4 steps to make sure you get enough iron for a strong, healthy body.

1. Eat foods high in iron every day.

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

Eat beef or pork, poultry, fish or shell fish, such as clams and oysters. Eat liver no more than once a week. Eat beans, such as blackeye peas, red, navy and pinto beans.

Bread, Cereal, Rice and Pasta Group

Eat iron-enriched noodles, rice, bread, tortillas, pasta and iron fortified-cereals. (25% or more iron per serving—see labels or choose WIC cereals)

Vegetables Group

Eat dark green leafy vegetables, such as chard, collards, spinach.

Fruit Group

Eat dried fruit such as raisins, prunes and apricots, drink prune juice.

2. Eat iron helpers with meals.

Meat and foods high in vitamin C help your body use iron better. Some vitamin C foods are citrus fruits and juices, tomatoes, broccoli, and cabbage.

3. Avoid foods that block iron.

Drink enough milk, but not too much.

Avoid coffee and tea with meals.

4. Use iron pills or drops, as instructed by your healthcare provider. Then stop using iron only if your doctor or healthcare provider says so. They do NOT take the place of healthy foods!

Common Problems When Using Iron Supplements:

Common problems when pregnant or while taking iron are constipation, nausea and vomiting.

Iron pills or drops may make you or your child constipated. If so:

- Walk daily
- Drink fluids
- Eat high-fiber foods such as beans, whole grains, vegetables, fruits, bran cereals and muffins.
- Talk to your healthcare provider.

If you have nausea or vomiting:

- Do not take iron on an empty stomach.
- Take iron pills according to directions.
- Talk to your healthcare provider.



The Food Stamp Program provides food for a good diet to people with low incomes. To find out more, call **1-800-952-5253**.

Tip: Cook foods in cast iron pots and pans. Some iron in the pot may go into your food. This is more likely when cooking acidic foods like tomatoes.

Warning: Keep iron pills and iron drops away from children. Too much iron from pills or drops can poison your child! Just 10 pills taken at one time can kill a small child.